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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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If you are receiving this newsletter in error or no longer wish to receive it, call and we will remove you from our mailing list.

WHAT IS ADVOCACY?

Individual Advocacy is when a person with a disability is assisted by an advocate who takes action on their behalf and in their best interests. This can be by; *Providing information and advice so that the person with a disability can advocate for themselves. *Supporting the person with a disability to take action on any matter related to discrimination.

OIL FUNDRAISER!



On Saturday, August 23rd from 10 a.m. to 2 p.m., we will be selling 2 Hot Dogs & a pop for \$1 at Atwood's

All money raised will go toward OIL recreational programs. **Please come out and show your support!**
Call OIL for free local transportation.

BLIND BRAILLE INSTRUCTION

The National Federation of the Blind of Oklahoma will partner for the second year with the Oklahoma Library for the Blind and Physically Handicapped and the Visual Services division of the Oklahoma Department of Rehabilitation Services to bring a fun, summer day camp experience to children, ages five to fourteen, which are blind or have low vision.

Students must pre-register for the two-week Braille Enrichment for Literacy and Learning program – or BELL for short – which builds participants' self-confidence, positive attitude and Braille skills.

Any child who is blind can benefit, including those who have recently lost their vision, been blind since birth and those with low-vision who aren't receiving enough Braille instruction during the school year. NFB of Oklahoma President Jeannie Massay said, "We know that early exposure to Braille, cane travel and successful blind adults result in the best possible future for children who are blind and visually impaired.

BELL is scheduled from 9:00 a.m. to 3:00 p.m. from July 28th through August 8th at the Library for the Blind, 300 NE 18th Street in Oklahoma City.

BELL Curriculum includes fun projects, games, and field trips.

Adults who are blind and professionals who work with people who are blind will teach and facilitate the lessons and serve as successful role models for the students.

Space is limited. Children who are only able to attend one week are welcome and encouraged to participate.

To register, volunteer, donate or get more information about the BELL program, contact Tamala Young at talk2tam@sbcglobal.net or 405-830-9177. An online application is available at <https://nfb.org/bell-summer-program-form>.

JUDGE STEPS IN SO MAN WITH DISABILITY CAN WED

A man unable to marry for more than a year because of his disability, will get to tie the knot thanks to a federal court order. Brad Glass and his fiancée have been engaged since

December 2012, but because of his disability, the man from Mountain View, Missouri said he is unable to travel the twenty-five miles to the nearest recorder of deeds office to apply for a marriage license.

Under state law, both Glass and his fiancée are required to appear in person in order to legally wed. With the assistance of the American Civil Liberties Union, Glass sued Howell County Recorder of Deeds Sharon Trowbridge alleging violations of the Constitution and the Americans with Disabilities Act after his requests for accommodation were denied.

The U.S. District Court Judge Greg Kays sided with Glass, ordering Trowbridge or a representative from her office to meet Glass at his home so that he may complete a marriage license application in compliance with the law.

“Without an injunction, Glass will continue to be unable to enter into marriage and thus be deprived of this freedom,” Kays wrote in the ruling.

CONGRESS PASSES BILL LIMITING SHELTERED WORKSHOP ELIGIBILITY

A bill that would significantly limit young people with disabilities from entering sheltered workshop programs is headed to President Obama's desk.

The U.S. House of Representatives voted 415 to 6 to approve the Workforce Innovation and Opportunity Act.

Included in the bill are major changes to the path from school to work for those with disabilities.

Specifically, the measure would prohibit individuals age 24 and younger from working jobs that pay less than the federal minimum of \$7.25 per hour unless they first try vocational rehabilitation services, among other requirements. What's more, the legislation would require state vocational rehabilitation agencies to work with schools to provide “pre-employment transition services” to all students with disabilities. And, such agencies must allocate a minimum of 15 percent of their federal funding to help individuals with disabilities in transition under the measure.

While the bill mandates that most young people try competitive employment before they could work for less than minimum wage, there are exceptions for those deemed ineligible for vocational rehabilitation and to allow individuals already earning so-called subminimum wage to continue to do so.

“This bipartisan compromise will help workers, including workers with disabilities, access employment, education, job-driven training and support services that give them the chance to advance their careers and secure the good jobs of the future,” Obama said in a statement.

The workforce bill is the product of years of negotiation on Capitol Hill and was approved with broad bipartisan support.

U.S. Sen. Tom Harkin, D-Iowa,

who spearheaded the components of the legislation specific to people with disabilities, called the changes “groundbreaking” and said they will “raise prospects and expectations for Americans with disabilities so that they receive the skills and training necessary to succeed in competitive, integrated employment.”

Nonetheless, the issue of subminimum wage remains *highly* contentious within the disability community, with some advocates arguing the legislation does not go far enough while others say moving away from sheltered workshops may simply leave people with disabilities fewer options for meaningful daytime activity.

INCREASINGLY, 911 AVAILABLE BY TEXT

For those who are nonverbal, deaf or otherwise have difficulty communicating via traditional telephone calls, a new option to seek emergency help is on the way.

Starting this month, the nation's four main wireless networks now have the capability to support text messages sent to 911.

The move is a significant step toward making the service available on a broader scale, advocates say. Text-to-911 is expected to be particularly meaningful to individuals with disabilities who may have difficulty hearing or speaking.

Currently, it is possible to text 911 in 16 states where emergency call centers are set up to receive and respond to the messages.

12 SIMPLE SAFETY AND SECURITY TIPS

More than one third of adults ages 65 and older fall each year. Statistics show that every 18 to 20 seconds an older adult ends up in the emergency room because of a fall, many of which happen in their own homes.

Data suggests that only about 15 percent of those aging in place take proactive steps to safeguard their homes. As caregivers and professionals, it is a good practice to regularly assess a home's safety.

Here are 12 useful tips. While this list may not encompass every potential hazard, it will serve as a good, practical start.

1. Keep a list of emergency and family phone numbers in large font, inserted in a clear plastic sleeve close to the telephone, in the bedroom and or kitchen.
2. Place lamps and a cordless phone within easy reach of the bed or often-used chair.
3. Ensure there is a clear pathway between the bedroom and bathroom.
4. Set up nightlights in the bedroom and bathroom.
5. Keep a flashlight close to the bedside and another in the kitchen in case of emergencies.
6. Discard all throw rugs.
7. Ensure suitable chair heights, including tub and toilet seats.

8. Double check shoes for proper fit, preferably they are low heels and slippers with non-skid soles.
9. Ensure there is a long-handled shoehorn to assist putting on footwear.
10. Organize clothes and necessities so they are within easy reach.
11. Maintain assistive devices, such as walkers, canes, wheelchairs, and other items in good working order.
12. Explore the latest safety and security assistive technologies that might facilitate an optimal quality of life.

SATURDAY TRANSPORTATION

O.I.L. will take individuals anywhere needed in the McAlester area whether it is to visit friends/family or just to see an afternoon movie matinee. The cost is \$2 per stop. The dates are set for August 2nd and 16th starting at 8:00 a.m.

MOVIE NIGHT

We will meet on Tuesday, August 26th at 5:00 p.m. Bring your favorite movie and we will take a vote on which one to watch!

EQUIPMENT NEEDED

If you have a wheelchair, bath bench, or walker with a seat that you are no longer utilizing, please call OIL. These items are among the most needed by individuals with mobility concerns. Your donation

would certainly be appreciated and a donation letter can be given for tax purposes.



Transportation

O.I.L. provides lift-equipped transportation in McAlester and the surrounding area, Monday – Friday, 8:00 – 4:30. A twenty-four hour minimum notice is required. The cost is \$2 per pick up in McAlester and \$3 for Krebs and Frink Chambers. Outside this area, fees are based on actual costs of gasoline needed to provide the service.

**Prices are subject to change.*



You can have the freedom that comes with living at home even though you have a long-term illness or disability. The Oklahoma Living Choice Project can help you move out of a nursing home and back into the community.

This project gives Oklahomans like you or your loved one more options to manage health care needs and adds more balance to the state's long-term care system.

If you live in a nursing home and qualify for SoonerCare, then Living Choice may be able to help.

Contact Leah Medina for a referral to the Living Choice Project at (918) 426-6220v/tdd.

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All donations to OIL are tax deductible.

The contents of this newsletter were developed under a grant from the Department of Education. However, these contents do not necessarily represent the policy of the Department of Education and you should not assume endorsement by the Federal Government.

*Events are held at OIL unless otherwise noted						
EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 					1	2 <u>Saturday Transportation</u> 8 am
3	4 <u>Brain Injury Gp.</u> 1 pm	5 <u>Men's Gp.</u> Stubborn Mule 5 pm	6	7 <u>Shopping</u> 7:00-10:45am	8	9
10	11	12 <u>Women's Gp.</u> TBA 11am	13	14	15	16 <u>Saturday Transportation</u> 8 am
17	18 <u>Brain Injury Gp.</u> 1 pm	19 <u>OIL Social</u> Fiesta Grille 5:30 pm	20	21 <u>Shopping</u> 7:00-10:45am	22	23 HOT DOG FUNDRAISER Atwood's 10 am
24 31	25	26 <u>Movie Night</u> 5 pm	27	28	29	30
<p>*Low Impact Exercise Class for Sr.'s meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center *Alzheimer's Support Group, 3rd Wed., 12:30 p.m., Main & OK Church of Christ, call Glenda at 916-1210 *Diabetes Support Group, 1st Tue., 6:00 p.m., McAlester Regional Health Center Wellness Conf. Room, contact Kathy at 421-6812 *For information on Men's & Women's Grief Support Groups – call Hospice of McAlester at 423-3911 for their groups or for information on a 7 week Dealing with Grief Course – call Heartland Hospice. at 302-0700, *For information on the Stroke Support Group, call the McAlester Regional Health Center at 426-1800</p>						

